



FAMILY NUTRITION NEWS

Food for Children

Dear Homemaker,

Many things have a part in the health of children. They need to get enough sleep and rest. They need to have enough play in sunshine and fresh air. They need to eat food that will give their bodies what they need. Children need food that will:

- *Make them grow.*
- *Build muscle, bones, blood and sound teeth.*
- *Keep their bodies in good running order.*
- *Give them energy to play and work.*

The other side of this letter tells of foods children need.

Sincerely,

Name and title



FOOD NEEDS OF CHILDREN

By the time your child is six months old, he will be eating from the Basic 4 food groups. His servings, of course, will be smaller than yours, but the number of servings will be the same.

There is no reason to add salt to your baby's food.

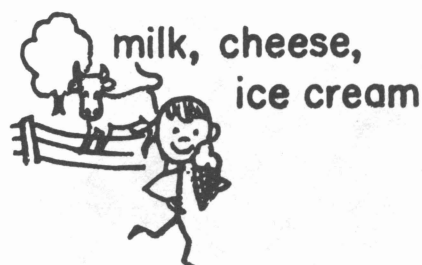
MILK GROUP: Use 2-3 cups of milk a day.

MEAT GROUP: Provide 2 or more servings of meat, poultry, fish and eggs. Beans and peanut butter are good protein foods, too.

FRUIT AND VEGETABLE GROUP: Include 4 or more servings. Include 1 serving of a food high in vitamin C (orange or tomato juice) or fruit. Also, provide 1 serving of a deep-green or yellow vegetable as a source of vitamin A.

BREAD AND CEREAL GROUP: Include 2-4 or more servings a day. Enriched instant or quick-cooking cereals are excellent sources of iron.

MORE INFORMATION . . .



REMEMBER!

- Introduce new foods in small amounts, one at a time, with a smile. "Hot" foods should be lukewarm, and "Cold" foods should have the chill removed.
- Color attracts a baby or young child. Red or yellow gelatin is a table food even a baby can enjoy.
- Family nutrition is a concern of homemakers everywhere, no matter how much money they have to spend or where they live. Each person needs food from each food group every day.

This publication was prepared by Extension foods and nutrition specialists, The Texas A&M University System, from material developed by M. Katherine Beavers, former Extension foods and nutrition specialist — ENP-A, The Texas A&M University System.